

TEN-ITEM SELECTION STRATEGY WORKBOOK

Score equipment by survival value, skill fit, calorie return, redundancy, repairability and biome.



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CHOOSE

WISELY

PRESERVE

OPTIONS

CHOOSE WISELY. PRESERVE OPTIONS.

KNOWLEDGE. SKILL. DISCIPLINE. SURVIVAL.

SYSTEM PRIORITIES

START WITH THE SYSTEM

Select an operating system, not ten attractive objects

A strong loadout covers exposure, water, food, cutting, cooking, repair and recovery while matching the participant's tested skills. The workbook makes tradeoffs explicit so sentiment and gear mythology do not occupy scarce slots.

1 Core principles

- Start with threats and workloads in the specific biome, season and rule set.
- Score the value you can actually extract with proven skill, not theoretical capability.
- Favor items that save repeated calories, create food opportunities or prevent catastrophic failure.
- Map overlap and dependency: a tool may require fuel, line, sharpening, containers or compatible accessories.
- Stress-test the final ten through simulations, then revise based on evidence rather than loyalty.

Ten items do not mean ten independent systems. A pot may support water treatment, cooking, food preservation, storage and heat management.

2 First-hour priorities

- Download and date the current official gear list; the published HISTORY page is labeled Season 12.
- List the top local failure modes: wet cold, wind, fuel scarcity, fishing access, animal pressure, terrain and daylight.
- Inventory your verified skills and rate each as novice, functional, reliable or expert under stress.
- Score every candidate using the same weighted model.
- Run a 72-hour and multi-week simulation with the proposed ten and record missing functions.

The official participant brief governs. Web summaries, older seasons and fan lists are not substitutes for the current rules supplied by production.

FIELD RULE

Choose the item for the repeated problem it solves, the calories it saves and the failure it prevents - then prove that value under realistic conditions.

WEIGHTED SELECTION SCORECARD

CHOOSE DELIBERATELY

Weighted selection scorecard

Score each factor 0-5, multiply by the suggested weight, then compare candidates. Adjust weights only after documenting the biome-specific reason.

Factor	Weight	Score question	Evidence required
Catastrophic-risk control	x5	Does it prevent exposure, injury, unsafe water or total system failure?	Timed drills in severe but controlled conditions.
Repeated calorie savings	x4	How much daily labor does it eliminate?	Measured task time and effort across several days.
Food-production value	x4	Does it create realistic, lawful opportunities in this location?	Regional species research and practiced catch or harvest data.
Multi-system coverage	x3	How many essential functions does it perform well?	Specific tasks, not vague claims of versatility.
Repairability	x3	Can it be maintained with carried skills and materials?	Repair drill, spare parts and failure analysis.
Skill reliability	x4	Can you use it cold, tired, wet and under time pressure?	Simulation results, not range-day confidence.
Dependency burden	x-3	Does it need consumables, accessories or ideal conditions?	Complete dependency map and replenishment plan.
Carry and storage cost	x-2	Does mass, bulk or shelter space impair other systems?	Packed carry test and camp layout trial.

Decision note: A high score is not enough if the candidate duplicates another item or leaves an essential function uncovered. Review the complete system after ranking individual tools.

TEN-ITEM DECISION WORKFLOW

REPEATABLE BEATS HEROIC

Ten-item decision workflow

Use a gated process. An item does not advance because it is beloved; it advances because it survives comparison and simulation.

1

LOCK THE RULE SET

Save the official allowed and prohibited lists, clothing rules, consumable limits and any season-specific notes.

2

DEFINE THE THREAT MODEL

Describe climate, terrain, water, fuel, species, travel, daylight, expected duration and medical constraints.

3

GENERATE CANDIDATES

List several ways to solve each required function before assigning items. Include no-item skill solutions where realistic.

4

SCORE AND MAP OVERLAP

Apply weights, identify dependencies, flag duplicates and confirm every critical function has coverage.

5

SIMULATE AND DECIDE

Run realistic exercises, log failures and energy cost, then freeze the final ten only after corrections are tested.

LOADOUT STRATEGY PROFILES

ADAPT BEFORE CONDITIONS FORCE IT

Loadout strategy profiles

Profiles are starting hypotheses, not prescriptions. The correct loadout depends on local opportunity and the user's strongest repeatable skills.

1 Fishing-led profile

- Prioritizes pot, line and hooks, cutting, fire, shelter and repair.
- Requires legal and accessible fish populations.
- Needs line organization and food preservation plan.
- May sacrifice an additional heavy cutting tool.
- Simulation must include poor fishing days.

2 Hunting-led profile

- Allocates a slot to bow and finite arrows.
- Requires advanced shooting, recovery and legal opportunity.
- Adds maintenance and storage demands.
- Needs complementary daily-calorie strategy.
- Must prove the bow still earns its slot in bad weather.

3 Builder-led profile

- Prioritizes axe, saw or other labor-saving construction system.
- Can create durable shelter and fuel margin quickly.
- Risks overbuilding and delayed food effort.
- Needs a stopping rule for camp improvements.
- Score tools by weeks of repeated work, not first-day excitement.

4 Balanced generalist

- Covers shelter, fire, water, cooking, cutting, fishing and repair.
- Reduces dependence on one food source.
- May lack maximum efficiency in a single specialty.
- Benefits from strong systems discipline.
- Requires honest assessment of which item is merely comforting.

FAILURE MODES AND CORRECTIONS

DIAGNOSE THE SYSTEM

Failure modes and corrections

Loadouts fail when selection is based on identity, novelty, one dramatic scenario or untested claims. The correction is measured practice and ruthless dependency analysis.

Failure signal	Likely cause	Best correction
Too many tools, weak food system	Selection favored building and comfort over calorie production	Replace overlapping tools with a proven food or preservation system.
Item never leaves storage	Low local opportunity, high setup cost or weak skill	Rescore with actual use data and replace if it does not earn repeated value.
One failure disables several systems	Hidden dependency or no repair path	Add redundancy through skills, compatible parts or a different item mix.
Simulation feels easy but field fails	Training omitted cold, wet, fatigue, darkness or scarcity	Repeat under controlled stress and score only reliable performance.
High-value item damages other gear	Poor carry, edge protection or shelter storage	Redesign packing and camp layout; include storage cost in the score.
Final ten change constantly	No decision criteria or emotional attachment	Freeze weights, document evidence and change only after a defined test.

FIELD CARD, RED FLAGS AND SOURCES

CARRY THE STANDARD

Final selection audit and workbook prompts

The scorecard does not make the decision. It prevents the decision from hiding behind enthusiasm.

FIELD CHECKLIST

- ☐ Official current allowed and prohibited lists saved.
- ☐ Biome, season, duration and threat model written.
- ☐ Every candidate tied to a specific repeated function.
- ☐ Skill rating supported by realistic practice evidence.
- ☐ Catastrophic-risk controls covered.
- ☐ Water treatment and cooking workflow complete.
- ☐ Shelter, fire, cutting, repair and food systems integrated.
- ☐ Dependencies and consumables mapped.
- ☐ Overlap and single points of failure reviewed.
- ☐ Packing, storage and maintenance tested.
- ☐ 72-hour and multi-week simulations completed.
- ☐ Final ten signed, dated and justified in one sentence each.

STOP / REASSESS

Selection relies on an outdated season list or unofficial summary.

Item value depends on a skill never performed under field conditions.

No treatment path for water or no safe cooking vessel.

Food plan depends on one uncertain species or opportunity.

A single break, loss or consumable shortage collapses several essential systems.

AUTHORITATIVE STARTING POINTS

HISTORY - published Alone gear list
<https://www.history.com/shows/alone/articles/gear-list>

HISTORY - Alone series overview
<https://www.history.com/shows/alone>

National Weather Service
<https://www.weather.gov/safety/>

National Park Service - planning and safety
<https://www.nps.gov/subjects/healthandsafety/index.htm>

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